TECHNIQUES IN MEDITATION

SIMPLE PRACTICES FOR EVERY DAY

BY MICHAEL VEE

Please consult a healthcare professional before beginning any new breathing practices, especially if you have pre-existing health conditions. Always practice in a safe environment, never in or near water or while driving. Listen to your body, and do not push beyond your current comfortable limits.

VEE

The Brain Scrub

Seated with an aligned spine, you visualize a bright, white-golden light moving straight through the center of your brain. As you breathe in, draw this light back through the center of your brain, and as you breathe out, imagine it splitting into two paths moving forward through each hemisphere, meeting at the front before cycling back. Repeat this circular flow for about forty breaths to clear mental clutter.

Wim Hof BreathingTechnique

To do this, you get into a comfortable position and take thirty to forty deep, rhythmic breaths, inhaling deeply and exhaling gently without force. After your final exhale, hold your breath for as long as you comfortably can, and when you feel the urge to breathe, inhale fully, hold for about ten to fifteen seconds, and then exhale completely. Repeat this cycle for three rounds.

Box Breath Technique

For this, you inhale for four seconds, hold your breath for four, exhale for four, and hold again for four. Continue this pattern for ten minutes to regulate your nervous system and lower stress.

Stillness Meditation

Find a stable, upright meditation posture and close your eyes, sitting as still as possible for at least fifteen minutes. Breathe very slowly while maintaining sharp mental presence to avoid falling asleep. This practice helps quiet the mind and cultivate deep inner peace.

Joseph's Coat Meditation

Begin in a comfortable meditation position. As you breathe, draw red light up your spine, releasing it out the top of your head to fountain around your aura and back down to the base of your spine. Continue this process, moving up the color spectrum through orange, yellow, green, blue, indigo, and violet, followed by pink and finally a bright, all-encompassing white light.

AKAM Meditation

Sit in meditation and bring your focus to the center of your brain, right where the pineal gland is. On your first breath, imagine a brilliant burst of light expanding directly outward from the center of your head to the sides, as you say, "AKAM." On the second breath, explode that light out from the top of your head and down through your body. On the third breath, feel the light expand in every direction—out the sides, from the top, and forward and backward—filling your entire space.

Running the Energy

Start at the crown of your head, imagining a golden ball of light. Allow it to descend over your forehead, down your face, past your chin and throat, and into your shoulders. Let the light flow down your arms and pool in your hands, which are resting on your knees. Now, draw that light down again, bringing it from the top of your head into your forehead, through the brain, down the neck, and into your spine. Follow it down your back and into your legs, and finally, collect the energy from your hands and send it down through your legs and into the earth. Repeat.